

ActivAge Centers Menu

October 2006

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Swiss Steak Zucchini Casserole Mandarin Orange Slices/Pineapple Tidbits W.W. Bread/Margarine Pumpkin Bar Coffee, Milk, Tea	3 Chicken ala King over Biscuit Garnished with Chow Mein Noodles Spinach Waldorf Gelatin Salad Banana Pudding Coffee, Milk, Tea	4** Meatball Stew Cottage Cheese Pear Half Cornbread Margarine/Honey Orange Sherbet Coffee, Milk, Tea	5 Lemon Pepper Chicken Corn Casserole Pineapple Mallow Slaw Potato Bread/ Margarine Fruit Coffee, Milk, Tea	6 Turkey Tetrazzini Carrot Coins Berry Cheese Tossed Salad W.W. Bread/Margarine Warm Scalloped Apples / Vanilla Ice Cream Coffee, Milk, Tea
9 Baked Fish Tarter Sauce Harvard Beets Applesauce Gelatin Salad Sourdough Bread/ Margarine Cranberry-Walnut Cookie Coffee, Milk, Tea	10** Ham Slice Scalloped Potatoes Asparagus Apple-Cinnamon Muffin Margarine Mixed Fruit: Peaches, Pears, Grapes Coffee, Milk, Tea	11 Oven Fried Chicken Green Bean Casserole Marinated Carrot Salad W.W. Dinner Roll / Margarine Apricots Coffee, Milk, Tea	12 Spaghetti Bake Spinach Salad / Ranch Dressing Peach Half Breadstick/Margarine Butterscotch Pudding Coffee, Milk, Tea	13 Salisbury Steak/ Vegetable Gravy Mashed Potatoes Easy Fruit Salad Sourdough Bread/ Margarine Brownie Coffee, Milk, Tea
16 Chili (Cheese & Onions) Crackers Vegetable Gelatin Salad Apple Juice Cinnamon Roll Coffee, Milk, Tea	17 Cube Steak/ Mushroom Gravy Gourmet Potatoes Broccoli/Cheese/Raisin Salad W.W. Bread/Margarine Sliced Peaches Coffee, Milk, Tea	18 BBQ Pork Ribette Sandwich Bun Peas & Carrots Strawberries & Pears Jello Cake/Non Dairy Whipped Topping Coffee, Milk, Tea	19 Salmon Filet Tarter Sauce Parmesan Potatoes Cauliflower Salad Raisin Bread/Margarine Tropical Fruit Coffee, Milk, Tea	20 Chicken Breast with Tomato Basil Sauce Rice, Green Beans Orange Juice Italian Bread/ Margarine Bread Pudding/ Vanilla Sauce Coffee, Milk, Tea
23 Shepherd's Pie Mashed Potatoes Five-Cup Salad Dinner Roll/Margarine Snickerdoodle Cookie Coffee, Milk, Tea	24 Meat Loaf/Catsup Parslied Potatoes Halloween Salad W.W. Bread/Margarine Pound Cake/Blueberry Sauce, Non-Dairy Whipped Topping Coffee, Milk, Tea	25 Roast Beef & Gravy Mashed Potatoes Apricot Nectar Gelatin Salad Raisin Bread/Margarine Strawberry Ice Cream Coffee, Milk, Tea	26 Smothered Pork Chop Rice Pilaf Three-Bean Salad Rye Bread/Margarine Fresh Apple/Carmel Dip Coffee, Milk, Tea	27 Hamburger Patty on a Bun California Vegetable Cheese Soup Pistachio Salad Banana Nut Bar Coffee, Milk, Tea
30 BBQ Chicken Au Gratin Potatoes Cucumber/Tomato Salad W.W. Bread/Margarine Peach Crisp Coffee, Milk, Tea	31 Pork Tenderloin Sandwich Bun Whole Kernal Corn Cinnamon-Rosy Applesauce Macadamia Delight Cookie Coffee, Milk, Tea			** Low Sodium Entree Available

October 5 Day Sack Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Sliced Turkey Sandwich Mayonnaise/Mustard Celery Sticks Apple Granola Bar Milk	3 Peanut Butter & Jelly Sandwich Grapes Pretzels Sherbet Milk	4 Sloppy Joe W. W. Bun Applesauce Dill Pickle Spear Cookie Milk	5 Cheese Sandwich Mayonnaise/Mustard Tomato/ Zucchini Salad Juice Rice Crispy Bar Milk	6 Roast Beef Sandwich Mayonnaise/Mustard Pea Salad Raisins Angel Food Cake Milk
9 Beef Stew Juice Biscuit Margarine/Honey Cake Milk	10 Chicken Salad Sandwich/Lettuce Mayonnaise/Mustard Potato Salad Diced Apples with Cinnamon Cherry Orchard Bar Milk	11 Ham Sandwich Croissant Tropical Fruit V-8 Juice Cheesecake Milk	12 Turkey and Cheese Sandwich Mayonnaise/Mustard Pickled Beets Fruit Cocktail Cookie Milk	13 Italian Pasta Salad with Chicken Mixed Fruit Cup Assorted Crackers Nutrigrain Bar Milk
16 Hawaiian Chicken Salad Coleslaw Dinner Roll/ Margarine Pudding Milk	17 Beans & Franks Stewed Tomatoes Bread/Margarine Orange Milk	18 Chef Salad w/ Diced Ham Black Olives/ Shredded Cheese Lite Dressing Diced Pears W.W. Dinner Roll/ Margarine, Cookie Milk	19 Peanut Butter & Jelly Sandwich Cottage Cheese Apricots Rice Krispie Bar Milk	20 Seafood Salad Vegetable Pasta Salad Sliced Peaches Dinner Roll/ Margarine Pudding Milk
23 BBQ Beef on a Bun Cole Slaw Mandarin Orange Slices Cake Milk	24 Spinach/Tossed Salad with Diced Chicken & Cheese Lite Dressing Banana Assorted Crackers Cookie Milk	25 Sliced Turkey Sandwich Mayonnaise/Mustard Celery Sticks Apple Granola Bar Milk	26 Peanut Butter & Jelly Sandwich Grapes Pretzels Sherbet Milk	27 Sloppy Joe W. W. Bun Applesauce Dill Pickle Spear Cookie Milk
30 Roast Beef Sandwich Mayonnaise/Mustard Pea Salad Raisins Angel Food Cake Milk	31 Manhattan Deli Pasta Salad Mandarin Orange Slices Assorted Crackers Pudding Milk			